

太極拳



# TAI CHI - Yang's Style

**Date Start:** Every Friday (01/07/11 ~ 03/25/2011)

**Time:** 11:30 AM ~ 12:30 PM

**Location:** Bldg 28, West Atrium

**Cost:** \$72.00 for 12 classes

**Tai Chi** is a slow and gentle form of Chinese martial arts, an internal form of exercise; unlike other martial arts, it avoids use of external strength; practitioners work out by combining slow, deep abdominal breathing with gentle, smooth body movements in a natural and harmonic way, unlike other exercises, without shortness of breath. Practicing Tai Chi can improve circulations, digestion and coordination, help lose weight, enhance joints, muscle strength and flexibility, and prevent daily injury.



It is a relaxation with concentration, thus also enhances memory. It is an ancient and unique fitness art for physical, mental and emotional health. It can increase the immune function and prevent illness, slows the aging process and prolong your life.

In this class, we will learn all the basic techniques needed for Tai Chi practice. We will learn a short form of the most popular and harmony Tai Chi - Yang's style, adequate for all-age to learn and practice after.

Make it a part of your daily life. You will certainly be able to derive benefits from it and enjoy a better life.

**What to wear:** Loosen clothes, flat and soft sneakers.

**Book to read:** Handbook of Tai Chi Chuan Exercises by Zhang Fuxing, published by Weiser Books.

**Please call Minlin Chang at x 6 - 1630 to register by Wednesday, Jan. 06, 2011**

**ALL ARE WELCOME!!**

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